

The Secret of Truly Effective Affirmations

By Song Chengxiang

Affirmation has been used by successful people for centuries. It has helped many ordinary people achieve extraordinary results in their lives. It has turned many failures into successes. It has made many miracles happen in the history of human evolution. However, the majority of people who use affirmation find that it doesn't work. Why is this the case? What are the elements that people have missed when they use affirmation techniques? I constantly ask myself these questions, and seek for the answers. The result is, no one book gives the complete answer. Some tips given in one book work for a specific situation, but not for others. Other books give other tips that work for other situations, but not for this. I have tested and filtered out the ineffective ones, and left only what I call the ultimate effective technique secrets.

The purpose of affirmation

Before I give you the effective techniques, I must make you understand the true purpose of affirmation. Simply stated, the purpose of affirmation is to pass a command from the conscious mind to the subconscious mind. The subconscious mind has the ability, in anything it accepts as true, to do whatever it takes to turn it into reality. The purpose of an affirmation is to pass a message to the subconscious mind, and to make it believe the message is true. So this brings us to the first element of an effective affirmation.

1. The affirmation must be believable to the subconscious mind

Most of the affirmations people use, fail at this first stage. They tend to give an unrealistic message to the subconscious mind, hoping for a positive response. If you are financially broke, and you say to yourself "I earn \$100,000 per year", is this believable to your mind? If your body is totally out of shape, and you say to yourself "I am very attractive", is this believable to your mind? I doubt it.

What if you are currently broke, and you want to make \$100,000 per year? What if you are out of shape, and you want to make yourself attractive? I find the best and easiest way is to use the word "I choose" in your affirmation.

Instead of saying "I earn \$100,000 per year," say "I choose to earn \$100,000 per year."

Instead of saying "I am very attractive," say "I choose to feel that people find me attractive." Do you feel the difference?

2. **The subconscious mind seeks for proof**

There is a misconception that the affirmation must be repeated thousands of times before it can be installed in the subconscious mind. This is not necessarily true. You can use the repetition method to embed your affirmation, but there is an easier way. It is, at the time you find the proof, state your affirmation. Many people stay in poverty because they associate pain with money. Whenever they spend their money, they think of their bills, loans etc. This will automatically lead to ultimate pain. It is the feeling you attach to money that makes you rich or poor.

How can we turn this to our advantage? Instead of feeling pain when spending money, what if we associate pleasure with it? Next time when you go out shopping, at the moment you take out your money or credit card, say this affirmation to yourself "I always have more than enough to spend."

See how you feel. This works because the subconscious mind sees the proof. As long as you have some money left in your pocket, this affirmation is always true, so the subconscious mind will believe it.

How about if we combine the first and second methods together and make an affirmation like this: "I choose to feel that I always have more than enough to spend." Say this at the time you spend your money. See how you feel. You don't have to repeat it thousands of times, a few times of real life proof will make your subconscious mind believe it.

3. **The affirmation must trigger feelings**

A fact about the subconscious mind is that it does not speak in words, you can only communicate with it through feelings, and emotions. There are two methods that you can use to trigger your feelings. The first method is to use words that involve feelings. Words like "fun, enjoyable, comfortable, delightful" will work effectively. The second method is to use imagination. Visualize that the situation stated in your affirmation has already come true. See yourself in that situation and feel the feelings.

4. **The affirmation must obey the 3 Ps factor**

The 3 Ps are **Positive**, **Present tense** and **Personal**. Affirmations must be stated positively. Instead of saying "I am not fat," say "I choose to stay slim." The reason for this is that before the mind knows the meaning of "I am not fat," it must think of what fat means first. So saying that statement will inevitably lead to the feeling of being fat.

Affirmations must be in the present tense. Many books mention this. However, I only agree to some extent. If you say "I have a luxury car", your mind will not believe you. The reason I include this here is that once it is combined with the first technique, it will work perfectly. Now say "I choose to have a luxury car". Your mind will do its best to bring it into reality.

Affirmations must be personal. Your subconscious mind only works for you, not for others. If you say "Ann loves me", it will not be effective, because you have no control over Ann. Now say "I choose to feel that Ann really loves me". This time you are in control, because you can control your own feelings.

5. Personal development affirmations should be stated in the comparative

"I am confident" may not be as effective as "I am becoming more and more confident." An even better affirmation might be "I choose to feel more and more confident." The reason for using the comparative, is because there is no end to how much more confident you can become. Otherwise, your mind may think you are already confident enough, and it will not need to do any more work.

These 5 techniques are the most effective ones that I have found from my research on affirmations. If you can use all the 5 techniques, I guarantee your results will be amazing. Even if you only use one or two of the techniques stated here, you will find your affirmations will become far more effective.

Song Chengxiang is the author of popular online ebooks "Rapid Manifestation" and "The Lost secrets of Manifestation". His words have helped thousands of people greatly change the quality of their lives and manifest their true desires easily and effortlessly. He has recently developed a powerful mind programming system - Quantum Mind Power, with a top brain-wave entrainment engineer Morry Zelcovitch. Download the free report, [Retrain Your Brain For a Better Life](#).

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